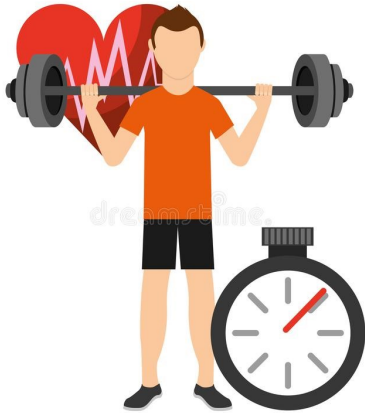


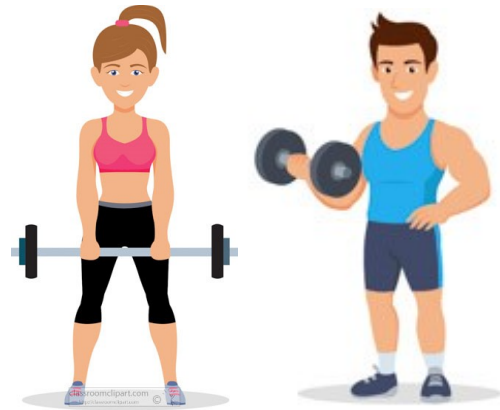
Middle School Strength Training



Give your 7th and 8th grader a boost in strength and speed, as well as a BIG head start on their physical conditioning for when they enter high school. Students will learn to strength train safely using the BFS system.

- No previous athletic experience required.
- Bus transportation from LMS to NCHS.

Scholarships covering 50% of the registration fee are available. Please contact CCRP for more information at 410-479-8120.



Open to Grades 7–8 on Mondays & Wednesdays, January 30 - March 22 from 3–4 pm at the NCHS, Weight Room & Dance Studio. Cost is \$109.

Instructor: Mace Davis

Middle School Strength Training

Participant Name _____
 M F Birth date _____ Grade _____

Parent Name _____
 M F Birth date _____

Address _____

Town _____ State _____ Zip _____

Phone _____ Cell carrier _____

Email address _____

Scholarship assistance requested. Include 50% of tuition with this form.
410-479-8120

Visa AMEX
 Discover MasterCard
 Cash Check made payable to:
Caroline County Commissioners

Credit Card # _____
 Exp.date _____ Verif. code _____

Signature _____

Add \$5 for out of county



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 recinfo@carolinemd.org